Lesson Plans

Scars-Cheryl Rainfield

Ashley Ague

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* After reading Scars, I would present a PDF/PowerPoint called ‘The truth about self-harm…for young people and their friends and family. I found that it was written so that approximately middle school age could understand it and it is reliable because it is presented by National Inquiry into Self-harm among Young People. The research was supported by The Mental Health Foundation and The Camelot Foundation.
* This is the link to the PDF/PowerPoint. [\\vault\cms\Staff\ague\_a\My Documents\YA Literacy Info\truth\_about\_self\_harm.pdf](file:///\\vault\cms\Staff\ague_a\My%20Documents\YA%20Literacy%20Info\truth_about_self_harm.pdf)
* After going through the PDF and discussing, I would pass out a resource page with websites, phone numbers, etc for not only self-harm, but also other topic that were brought up in the book, such as sexual abuse, and sexuality. (Attached)
* After the resource page I would pass out 11x15 paper and drawing utensils. I would put on relaxation music and allow the students to sketch anything that they wanted for the remainder of the time.

Resources

**Self-Harm**

* Martinson, Deb. **Secret Shame: Self-Injury Information & Support.** <http://selfharm.net>
* Sutton, Jan. **Self-Injury and Related Issues (SIARI).** <http://www.siari.co.uk>
* FirstSigns (Self-Injury Guidance and Network Support). **Self-Injury Awareness Day (SIAD).** <Http://www.firstsigns.org.uk/siad/>
* **Recover Your Life (RYL).** <http://www.recoverourlife.com>
* **S.A.F.E. Alternatives.**

1-800-DONTCUT

info@selfinjury.com

**Sexuality**

* **Rainbow Hope.** <http://rainbowhope.org/forums>
* **PinkBooks.** <http://www.pinkbooks.com>
* **Gay, Lesbian, Bisexual, and Transgender National Help Center.** <http://www.glnh.org/hotline/index.html>

1-888-843-4564

**Rape/Abuse**

* **Survivorship.** <http://www.survivorship.org>
* **Sidran Institute:Tramatic Stress Education and Advocacy.** <http://www.sidran.org>
* **National Youth Crisis Hotline.**

1-800-448-4663

* **Rape, Abuse, and Incest National Network (RAINN).**

<http://apps.rainn.org/ohl-bridge/>

<http://www.rainn.org>

* **Youth America Hotline.**

1-877-968-8454

* **Toronto Rape Crisis Centre/Multicultural Women Against Rape.** <http://www.trccmwar.ca/index.html>

[crisis@trccmwar.ca](mailto:crisis@trccmwar.ca)

* Bass, Ellen, and Laura Davis. *The Courage to Heal: A Guide for Women Survivors of Child Sexual Abuse.* 4th Edition. Harper Paperbacks, 2008. ISBN-10: 0061284335